
RECIPE OF THE WEEK

Slow-cooked shoulder of lamb, with fennel, anchovies & olives

This simple Mediterranean lamb recipe from José Pizarro is traditional festive



lunch which transports you to his tiny village of Talaván in the heart of Spain.

It's full of deep flavours which his mother plans Easter weeks in advance. In the days leading up to the long weekend, vegetables start to be picked from the garden, fish starts to be bought from the market, pots and pans bubble away on the stove. Their Easter Sunday meal is always centred around the smell of lamb cooking slowly – filling the house with magical aromas.

fennel bulbs 3, finely sliced
olive oil to drizzle
spring lamb 2.3-2.5kg of shoulder
chicken stock 400ml, fresh
dry white wine a good glass
marinated anchovies 6-8
black olives 125g

Preheat the oven to 160°C/fan 140°C.

Place the fennel in a roasting tin and drizzle with olive oil and plenty of seasoning. Season the lamb well and put on top of the fennel with half the stock and the white wine. Cover with tin foil.

Roast for 2 hours, uncover. Chop the anchovies and stir into the sauce with the black olives, and pour in the other half of the stock.

Cook for a further 90 minutes, until tender and falling apart.

Spoon the fennel on to a warmed serving plate and place the lamb on top.

Pour the juices into a jug and scoop off most of the fat, then pour over the lamb and bring to the table.

To download this recipe go to www.squisito-deli.co.uk
